

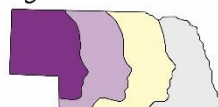
*Prescription for a Healthier You*

# “Walk and Talk” Toolkit<sup>1</sup>



Women's and Men's Health Programs  
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*Every Woman Matters*



**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

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## Introduction

The primary responsibilities of any Health Coach (HC) and Community Health Worker (CHW) are to build trusting relationships with clients and to connect those clients to care, eliminating barriers and advocating for systemic changes along the way.

As a HC and/or CHW you have the ability to schedule an in person “meet and engage” with clients by having a 20 minute walk and talk session to provide support and guidance on living a healthier lifestyle. This could serve as your first health coaching session while establishing a personal connection.

### The materials in this toolkit aim to:

- Provide information and resources for HC and CHW’s to assist community members in finding healthier food options in grocery stores or pantries.
- Support the HC and CHW in educating on the importance of physical activity and maintaining a healthy weight.
- Furnish materials on the importance of medication adherence and limiting alcohol and tobacco use.
- **Motivate your participants to start their own walking group.** The long-term goal of this program is to use the health coaching sessions as a jumping-off point for participants to become connected and continue a walking group of their own...the clients are already there! Connecting health coaching clients and walking in small groups can motivate and inspire each other to stick with it, increasing long-term physical outcomes.

## Walking 101

There are many ways to be active, but walking is one of the easiest! For most people, it is safe, easy to stick with, and low- or no-cost. It does not require any special skills or equipment. Just a good pair of supportive tennis shoes. For such a simple activity, it has so many benefits.

According to the **American Heart Association**, for every hour of brisk walking, life expectancy can increase by two hours. Research has shown that **walking at least 150 minutes a week** can help reduce the risk of diseases like heart disease, stroke, diabetes and cancer; improve blood pressure, blood sugar and blood cholesterol levels; increase energy and stamina; improve mental and emotional well-being; boost bone strength and reduce the risk of osteoporosis; and prevent weight gain.

If 150 minutes sounds like a lot, remember that **even short 10-minute activity sessions can add up** over the week to reach this goal. It is easy to fit in 10 minutes of walking a few times a day.

## How to prepare for your group walk

Walking in a small group gives off positive energy and promotes good feelings. One of the main benefits of group walking is having other people around for

accountability, while at the same time making the experience more enjoyable. Other benefits include motivation, safety and socialization. Group walking provides social support, can reduce time spent on an electronic devices, and increase exposure to the outdoors and fresh air when weather permits.

The most important step for participants of a walking program is the first one—making the commitment to walk and signing up through your HC or CHW. Once a client has committed to walking, part of your job is to provide motivation and support to help them stick with it.

- **Recruit members.** To start a walking group, start by spreading the word. Talk up your walking group among your health coaching clients, family members, friends and neighbors.
- **Walk it off.** Before scheduling your walk, decide on a route and map it out. Determine a safe, easy and central route and start with a distance you know for people of all fitness levels.
- **Be consistent.** Determine the frequency of your walks. Set a date and time.
- **Get organized.** Once you've recruited members for your walking group, hold a kickoff meeting. Collect email addresses, phone numbers and other contact details. Discuss details including attire and cancellation notification.
- **Maintain momentum.** The camaraderie you experience in a walking group and the shared fitness success can help you walk your way to better health.

### Evaluating your program

All programs need to be evaluated to reflect effectiveness and show direction for program sustainability in the future. Evaluation is a key component of your program and should be conducted before, during, and after program implementation. You can use evaluation data to plan community-specific programs, to assess the effectiveness of the implemented program in achieving its objectives, and to modify current activities where necessary for program improvement.

Evaluation should be considered early in the planning process. Evaluation can be as simple as recording the number of participants who take part in a program or the number of minutes or hours walked per week. Evaluation can also include a survey where feedback is provided about your program.

At the conclusion of this toolkit on page 13, is an example of an evaluation form that can be used at the conclusion of your program.



## Long-term goals

Encourage members to **set goals** for themselves. Setting simple goals is a great way to keep your walking group motivated and on track. You and your group members should:

- **Take some time to think.** Encourage yourself and other group members to think about short-term and long-term goals, taking into consideration time availability and health concerns.
- **Write down goals.** Goals can be as simple as attending every walking meet-up or something bigger, like walking a 5k charity event in a few months. Tell friends and family. Having support from those important to you will make sticking to your goals easier, and more rewarding.
- **Track progress.** Group members should write down when they walked, how long, and the number of steps displayed on their pedometer (if they have one). This will bring their progress to life and help determine what's working for them and what isn't and make adjustments to reach their goals.

## Toolkit Contents

This toolkit provides information and resources for your support and reference as you educate community members in Healthy Eating, Physical Activity, Stress and Sleep, Lifestyle Change, Medication Adherence, and Alcohol and Tobacco Use.

**The toolkit is organized into the following 6 sections using color-coded tabs:**

Healthy Eating

Physical Activity

Stress and Sleep

Lifestyle Change

Medication Adherence

Alcohol and Tobacco Use



Choose Healthy Here originated as a Nebraska-based Healthy Food Retail program that supports rural communities needing to increase access to healthy foods by providing a framework for individuals to find, afford, choose, and use healthy foods. The program has since expanded into both cafeteria and vending environments.

### *What to review:*

- The U.S. Department of Agriculture estimates 52.5 million people in the U.S. have limited access to a supermarket. Corner stores, gas stations, or convenience stores may be nearby, but these options often lack fresh fruits, vegetables, and/or low-fat snack options. Residents are left with high-priced and high-processed foods; a situation that contributes to the obesity epidemic and other health disparities.
- Choose Healthy Here provides healthy environment education for both store owners and consumers. The program provides community outreach guidance, marketing signage, and promotion.
- The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.
- Overweight and obesity are increasingly common conditions in the United States. Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers and sleep disorders.
- The DASH eating plan follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake of foods rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it meets other nutrient requirements as recommended by the Institute of Medicine.



**MyPlate** is the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion, a food circle (i.e. a pie chart) depicting a place setting with a plate and glass divided into five food groups. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.



### *What to review:*

- Physical activity is anything that gets your body moving. It is important to be physically active every day.
- You should get 150 minutes of activity each week AND light muscle strengthening activities on at least 2 days a week.
- Regular physical activity helps improve your overall health and fitness and reduces your risk of developing type 2 diabetes and metabolic syndrome.
- Being physically active lowers your risk for two types of cancer: colon and breast.
- Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.



### *What to review:*

- A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as diabetes, heart disease, obesity, and depression—that threaten our nation's health.
- Sleep deprivation can cause forgetfulness, exhaustion, and fatigue, to name a few. When a person is exhausted and fatigued it causes pessimism, sadness, stress, and anger, none of which are appreciated by other people. ... In addition, lack of sleep affects the brain's ability to solve problems.
- The healthy amount of sleep for the average adult is around seven to eight hours each night.
- Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster). The symptoms may be physical or emotional.
- Ongoing, chronic stress can cause or exacerbate many serious health problems, including: Mental health problems, such as depression, anxiety, and personality.





# Smart Moves

NATIONAL DIABETES PREVENTION PROGRAM

## *What to review:*

- Smart Moves is a lifestyle change program of the National Diabetes Prevention Program (NDPP), a partnership of public and private organizations working to prevent or delay type 2 diabetes, proven to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 diabetes.
- Partners work to make it easier for people with prediabetes to participate in evidence-based, affordable and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. A Centers for Disease Control-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.
- Participants meet with trained lifestyle coaches in a small group setting with other individuals making similar life changes to prevent diabetes. Sessions are held weekly for 16 weeks then once a month for 6 months.



#### *What to review:*

- Be an active partner in your care: ask your health care team questions about your condition so that you understand why your medication is needed; and work with your health care team to devise a medication plan that fits your life.
- Set a routine so that you can remember to take your medications at the same time every day; perhaps around a daily routine activity like eating breakfast or brushing your teeth. If you need an extra nudge, set an alarm or sign up for a reminder service through your pharmacy or online.
- Keep your medications in their original containers so that you can read the label carefully. This will help you take and store your medications properly.
- Report side effects from your medications and any other concerns you may have about your medications to your doctor immediately.
- Do not stop taking any of your medications without talking to your doctor first, even if you start feeling better and do not believe that a/several medication(s) is/are necessary.



### *What to review:*

- Tobacco products are the leading preventable cause of death in the United States.
- Tobacco products harm nearly every organ of the body, cause many diseases, and reduces the health of smokers in general.
- Smoking and drinking are two lifestyle habits that get a lot of negative criticism in the health industry, and for good reason. They both cause multiple complications with the body that can range from mild to life-threatening.
- The lungs are pliable organs that need to be elastic and flexible to breathe properly. Smoking causes the lungs to become damaged and it compromises their elasticity. This in turn leads to a condition called emphysema where breathing becomes labored, even with minimal exertion.
- When you drink excessively and use tobacco products, you increase your chances of getting high blood pressure. This is defined as a reading of 140/90 mmHg or above. If left untreated, high blood pressure can cause congestive heart failure, heart attack, stroke, kidney damage and vision loss, notes the American Heart Association.
- The liver is a major organ in the body that produces bile which breaks down fat; the liver also helps purify the blood. Heavy drinking over the course of time can cause liver damage. In the worst of cases, a condition known as cirrhosis can take place. Cirrhosis is a condition in which the liver slowly deteriorates and malfunctions due to chronic injury.

## Resources

American Heart Institute

[www.heart.org](http://www.heart.org)

Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

Department of Health and Human Services

[www.dhhs.ne.gov](http://www.dhhs.ne.gov)

Home Health Quality Improvement

[www.homehealthquality.org](http://www.homehealthquality.org)

National Heart, Lung and Blood Institute

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

National Institute on Alcohol Abuse & Alcoholism

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

Nebraska Tobacco Quit Line

[www.quitnow.ne.gov](http://www.quitnow.ne.gov)

United Healthcare

[www.uhc.com](http://www.uhc.com)

United States Department of Agriculture

[www.usda.gov](http://www.usda.gov)

University of Nebraska–Lincoln Extension

[www.unl.edu](http://www.unl.edu)

USDA Choose My Plate

[www.choosemyplate.gov](http://www.choosemyplate.gov)



## “Walk & Talk” Survey Form

























































We appreciate your help. Please mark your response below by checking the circle.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The goal of the walking group was clearly defined.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participation and being more active was strongly encouraged.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increasing my physical activity was important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The topics covered by my HC or CHW in our walks related to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The content was put together well and easy to follow during our walks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The materials handed out were helpful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The HC or CHW was knowledgeable about the topics discussed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The HC or CHW came well prepared each time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The time spent for the walking group was sufficient.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to start a walking group of my own or continue in this one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

# HEALTH TRACKER

month/year: \_\_\_\_\_

		FOOD				WATER		ACTIVITY	TIME	DISTANCE
MON	B L D S					       				
TUES	B L D S					       				
WED	B L D S					       				
THURS	B L D S					       				
FRI	B L D S					       				
SAT	B L D S					       				
SUN	B L D S					       				
SLEEP	M	T	W	TH	F	SAT	SUN	WEIGHT		
GOALS:										
PROGRESS & ROADBLOCKS:										
NOTES										

## Reference Material

**CHOOSE HEALTHY HERE**

is a community-based program that empowers retailers and their neighbors to improve healthy food access across Nebraska.

Our mission is to increase access to affordable, nutritious foods while contributing to the viability of food retailers in high-need areas.

**WE STRIVE TO ADDRESS FOUR FOOD ACCESS CATEGORIES**

Does our store carry healthful foods?

**AFFORD**

Are the healthful foods a good value compared to

good value compared to less-healthy options here?

## HOW DOES THIS WORK IN

Increasing access to healthful foods and thereby, increasing opportunities for good health, will look different in each community and in each store.

You have the opportunity to work closely with Nebraska Extension and our partners to tailor Choose Healthy Here to your needs.



[www.partnersnhealth.org/wp-content/uploads/2017/07/CHH\\_info\\_flyer.pdf](http://www.partnersnhealth.org/wp-content/uploads/2017/07/CHH_info_flyer.pdf)

**CHOOSE THE FOODS THAT  
FUEL YOUR FAMILY BEST**

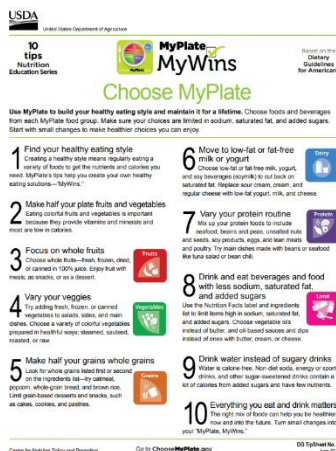
[illegible]

<https://food.unl.edu/NEP/NEP%20Documents/Healthy-shopping-list.pdf>

# What's MyPlate All About?



<https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2013-WhatsMyPlateAllAboutInfographic.pdf>



[https://snaped.fns.usda.gov/snap/resourcefinder/GreatPlate\\_English\\_Vietnamese.pdf](https://snaped.fns.usda.gov/snap/resourcefinder/GreatPlate_English_Vietnamese.pdf)



<https://choosemyplate-prod.azureedge.net/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf>



[https://choosemyplate-prod.azureedge.net/sites/default/files/printable-materials/DGTipsheet7BuildaHealthyMeal\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/printable-materials/DGTipsheet7BuildaHealthyMeal_0.pdf)




<https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/Infographics/HealthyWeightInfo.png>



<https://choosemyplate-prod.azureedge.net/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf>

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Weight (kg)	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82
Weight (lb)	110	115	119	123	127	131	135	139	143	147	151	155	159	163	167	171	175
Body Weight (grams)	50000	52000	54000	56000	58000	60000	62000	64000	66000	68000	70000	72000	74000	76000	78000	80000	82000
50	61	56	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170
51	62	57	101	106	111	116	121	126	131	136	141	146	151	156	161	166	171
52	63	58	102	107	112	117	122	127	132	137	142	147	152	157	162	167	172
53	64	59	103	108	113	118	123	128	133	138	143	148	153	158	163	168	173
54	65	60	104	109	114	119	124	129	134	139	144	149	154	159	164	169	174
55	66	61	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
56	67	62	106	111	116	121	126	131	136	141	146	151	156	161	166	171	176
57	68	63	107	112	117	122	127	132	137	142	147	152	157	162	167	172	177
58	69	64	108	113	118	123	128	133	138	143	148	153	158	163	168	173	178
59	70	65	109	114	119	124	129	134	139	144	149	154	159	164	169	174	179
60	71	66	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
61	72	67	111	116	121	126	131	136	141	146	151	156	161	166	171	176	181
62	73	68	112	117	122	127	132	137	142	147	152	157	162	167	172	177	182
63	74	69	113	118	123	128	133	138	143	148	153	158	163	168	173	178	183
64	75	70	114	119	124	129	134	139	144	149	154	159	164	169	174	179	184
65	76	71	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185
66	77	72	116	121	126	131	136	141	146	151	156	161	166	171	176	181	186
67	78	73	117	122	127	132	137	142	147	152	157	162	167	172	177	182	187
68	79	74	118	123	128	133	138	143	148	153	158	163	168	173	178	183	188
69	80	75	119	124	129	134	139	144	149	154	159	164	169	174	179	184	189
70	81	76	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
71	82	77	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
72	83	78	122	127	132	137	142	147	152	157	162	167	172	177	182	187	192
73	84	79	123	128	133	138	143	148	153	158	163	168	173	178	183	188	193
74	85	80	124	129	134	139	144	149	154	159	164	169	174	179	184	189	194
75	86	81	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195
76	87	82	126	131	136	141	146	151	156	161	166	171	176	181	186	191	196

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmi\\_tbl.html](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.html)



# TIPS to Cut Sodium

On average, Americans consume 3,438 milligrams of sodium every day. That's more than twice the 1,500 milligrams that is recommended by leading health experts! It's clear that Americans have a taste for salt, but too much sodium leads to heart disease such as high blood pressure, heart failure and other diseases such as stroke, congestive (chronic) heart failure, kidney disease, and stomach cancer.

If you've been told to cut down on your sodium (or salt) intake or are unsure of what foods you should avoid or cut back on, here are some things you can start doing today to lower the sodium in your diet.

## Nutrition Facts

**Serving Size** 1/2 cup (125g)  
**Servings Per Container** 2  
**Total Fat** 10g 20%  
**Saturated Fat** 4g 8%  
**Trans Fat** 0g 0%  
**Cholesterol** 100mg 20%  
**Total Carbohydrate** 12g 4%  
**Sodium** 100mg 20%  
**Protein** 10g 20%

% Daily Values are based on a diet of other people's secrets.

**Total Fat** 10g 20%  
**Saturated Fat** 4g 8%  
**Trans Fat** 0g 0%  
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**Sodium** 100mg 20%  
**Protein** 10g 20%

% Daily Values are based on a diet of other people's secrets.

### 1. Read nutrition labels.

Sodium can be sneaky. Pay attention to sodium amounts and serving size. Limit sodium to 1,500 mg per day.

### 2. Think fresh.

Make fresh fruits and veggies your first choice. Limit processed foods and condiments that contain high levels of sodium.

### 3. Read ingredients.

The salt shaker or your table, keep it out of sight in a cabinet instead.

### 4. Cook scratch.

Experiment with using things like lemons, juices, herbs, and spices instead of salt.

### 5. Get it on hand.

Making your own meals allows you to limit the amount of salt in them. If you do not eat, ask about low-sodium options.

### 6. Eat more potassium.

It counters the effect of sodium and is found in bananas, sweet potatoes, and many dried beans, fruits, and vegetables.

SOURCE: American Heart Association  
 HEALTHY EATING TIP: Get 480 mg of potassium daily from potassium-rich foods such as bananas, tomatoes, oranges, and potatoes.  
 SOURCE: American Heart Association  
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 HEALTHY EATING TIP: Get 480 mg of potassium daily from potassium-rich foods such as bananas, tomatoes, oranges, and potatoes.

**HHQI**  
 Home Health  
 Quality Improvement

# GO LIGHT when you GRAB A BITE

Families in America lead busy lives—balancing work, school, and play. Our busy schedules often mean eating more meals on the go.

In 1960, over a quarter of the money spent on food in the United States was on food eaten away from home.

By 2011, the money spent on food eaten away from home in the United States jumped to nearly half.

Year	Percentage of money spent on food eaten away from home
1960	26%
2011	51%

The average American eats away from home four times a week, and studies have shown that can translate to putting on **8 extra pounds a year.**

The more you eat away from home, the more the pounds can add up.

Eating on the go doesn't have to mean extra pounds. By planning ahead, you can eat a meal or snack to suit your needs.

Or if you need to grab a bite fast on the go, choose health options to make your bite.

**Making small changes when we're eating on or on-the-go can make a big difference in our health—and our waistslines.**

**CDC**

FOR MORE INFORMATION, VISIT [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)  
or [www.choosemyplate.gov](http://www.choosemyplate.gov)

[illegible]

ANSWERS  
by heart

 Life Revolution  
Eat • Nutrition

 Answers  
by heart

# How Do I Follow a Healthy Diet?

The American Heart Association recommends an eating plan that emphasizes intake of vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (lentils, beans), and possibly, nonstarchy vegetable oils, nuts and seeds. It should limit intake of sodium, sweets, sugar-sweetened beverages and red meats.

## Vegetables

- One serving equals 1 cup raw leafy vegetables or about one cup of small leafy, 1/2 cup or one cup of cooked vegetables, 1/2 cup vegetable juice
- Eat a variety of colors and types, especially deeply colored vegetables, such as spinach, carrots, and broccoli
- Cook the vegetables that are fresh, frozen, or canned to taste without adding sugar, saturated fat, or salt
- **Fruits**
  - One serving equals 1 medium fruit (about the size of a baseball), 1/2 cup sliced fruit, 1/4 cup frozen fruit, or canned fruit (not 100% fruit)
  - Eat a variety of colors and types, especially deeply colored fruits such as peaches or berries
- Eat whole fruits in part of all the portions (such as fruit) that can be remaining in some juices.

## Whole grains

- One serving equals 1 slice bread, 1/2 cup hot cereal, 1 cup flaked cereal, 1/2 cup cooked rice or pasta (about the size of a riceball).
- At least half of your calories should be high fiber whole grains. Select items like whole wheat bread, whole grain cereals and brown rice.
- Aim for about 25-30 grams of fiber from foods each day.

## Poultry, fish and lean meats less than 86 calories sources per day

- 1/2 to 3 oz. portion is about the size of a deck of playing cards.
- 1/2 to 3 oz. chicken breast or 1/4 cup of flaked fish.
- 1 strip of pork, 1 serving of ham or 1 grilled fish steak (weigh, especially fish) is about 3-4 ounces (1/4 cup), like salmon, trout, and herring.
- 1/2 cup of gelatin (fish) about the size of a riceball.
- Remove skin from meats, poultry before cooking.

Answers

ANSWERS  
by **hoort**

Apple, Apple, Apple  
+ a little

einstein  
EAT  
What  
is what

## How Do I Understand the “Nutrition Facts” Label?

Most foods in the grocery stores have a nutrition facts label and list of ingredients. When you go grocery shopping, take the time to read the nutrition facts label on the foods you purchase. Compare the nutrients and calories in one food to the foods in another. This information may surprise you. Make sure you aren't buying foods high in calories, saturated and trans fats, sodium and added sugar!

### What information is in the nutrition facts label?

• **Serving Size** – This is one small cup of the food's recommended “serving.” A package may include multiple servings. If you eat more than the serving size listed, you might eat more of the nutrients and calories you are eating.

• **Calories** – This tells you how much energy is in the food. It is helpful to know if you're eating calories you know how to burn to manage your weight.

• **Total Fat** – This is the amount of fat found in one serving of the food. It includes the amount of total fat found in the food and the “saturated fat” (unsaturated and polyunsaturated fat). Fat is important for your brain and is a nutrient, but eating too much fat can make you gain weight and increase the risk of heart disease.

• **Saturated Fat** – Eating too much of these “bad fat”

can make you gain weight and increase the risk of heart disease. Limit your saturated fat intake to less than 2 to 3 percent of your daily diet. For 1 person who weighs 150 lbs, that is less than 10 grams of saturated fat.

• **Total Fat** – This is one fat are considered “bad fat.” However, they can make you gain weight and increase the risk of heart disease. Choose foods with “good fats” from fat and the ingredients list a word like “unsaturated” or “cholesterol.” Everyone can benefit from eating unsaturated fats.

• **Cholesterol** – The FDA's Dietary Guidelines for Americans recommend eating less than 300 mg of cholesterol a day to maintain overall health. Cholesterol is also recommended to consume less than 300 mg per day if you are at high risk for heart disease. Cholesterol – and what built by naturally occurring – added within to food products. Salt is sodium chloride. Most people think of it as because 1,000 mg of sodium equals salt. That equal is a little more than 1/2 tsp of salt.

## HOW TO BUILD A Healthy Eating Pattern

**2015-2020  
DIETARY  
GUIDELINES  
FOR AMERICANS**

There are many different ways to eat healthy. You can eat healthy in a way that works for you and your family. Healthy eating is not just about calories and cholesterol – and can be affordable, too.

The key to build a healthy eating pattern, which means choosing a variety of nutrient-dense foods in the right amounts to eat – and making these choices part of your everyday routine.

Follow these tips – based on the 2015-2020 *Dietary Guidelines for Americans* – for making choices that can help you reach your goal for a healthy body weight, get the nutrients you need, and lower your risk of health problems like heart disease, type 2 diabetes, and some types of cancers.

### Get a variety of nutrients and beverages.

Eating a variety of foods and beverages is important! It helps you get the range of nutrients you need to be healthy.

- **Eat a mix of foods across all food groups.**  
Diverse foods and beverages from all food groups – fruits, vegetables, dairy, and protein – not just 1 or 2 per meal.
- **Vegetables.**  
Eat green, orange, white, and dark leafy. Include dark leafy, including milk, yogurt, cheese, and fortified soy products.
- **Fruits, especially whole fruits.**  
Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products.
- **Dairy, especially whole grains.**

- **Eat a mix of grains within each food group.**  
For example, you can eat a variety of grains (including, but not limited to, oatmeal, barley, corn, rice, and quinoa). Switch to the protein foods you eat – for example, choose fish, black beans, and lentils.

## What's in a Healthy Eating Pattern?

The 2010–2020 Dietary Guidelines has recommendations for a healthy eating pattern. For someone who needs 2,000 calories a day, a healthy eating pattern includes:

- 1 cup of fruit**, such as apples, oranges, berries, or bananas
- A variety of vegetables**—dark green, red, and orange, dark leafy greens, beans and peas, and other vegetables 2½ cups
- Fat-free or low-fat dairy** (milk, yogurt, or cheese) or fortified soy beverage 3 cups
- Grains**, 3 or more of which are whole grains 48 grams
- A variety of protein foods**, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts or seeds 50 grams
- Oils**, the canola and olive oil of healthiest choices 12 grams

And a few limits on:

- Saturated and solid fats**—limit saturated fats to less than 10% of daily calories (less than 63 grams) and limit solid fats to less than 36 grams
- Added sugars**—limit added sugars to less than 10% of daily calories (less than 50 grams)

A variety of meats and snacks can fit with healthy eating patterns. Many meats have several food groups within one dish. Check out these examples.

**Taco salad**

Ground beef  
Tomatoes  
Onions  
Cheese


**Vegete-vogey stir fry**

Chicken  
Broccoli  
Carrots

**Taco salad sandwich**

Ground beef  
Tomatoes  
Onions  
Cheese


Source: U.S. Department of Health and Human Services. 2010–2020 Dietary Guidelines for Americans. Washington, DC: U.S. Government Printing Office; 2010.



U.S. DEPARTMENT OF AGRICULTURE

# 10 Tips

to Make Healthy Choices



MyPlate  
MyWins

THE OFFICIAL  
Dietary Guide  
for Americans

## Eating foods away from home

Full-service and fast-food restaurants, convenience stores, and grocery stores offer a variety of meal options. Typically, these meals are high in calories, saturated fat, sodium, and added sugars than the food you prepare at home. Here are 10 tips to make healthier choices when eating food away from home.

- ### 1 Choose your drink

Water, lemonade, iced tea, and other drinks are available at most restaurants. If you only drink water, choose drinks that are lower in added sugars. If you don't drink water, choose a diet beverage. You can also make healthy choices after eating food away from home that you don't drink.
- ### 2 Start your meal with a water salad

Start your meal with a water salad and a vegetable soup. Ask for dressing on the side to enjoy a variety of salad options.
- ### 3 Share a plate

Share a plate with a friend or family member. Or, ask the server to split a dish or your entire order in half to enjoy a variety of food options.
- ### 4 Choose your meal

Order a salad or an appetizer-sized portion instead of a regular entrée. This is usually based on smaller plates and smaller amounts.
- ### 5 Think your drink

Pack a bottle of water, keep your drink away from the machine, and use a reusable cup. To keep your drink cooler, use ice packs. If you don't have a reusable cup, ask the server for one.
- ### 6 Fill your plate with vegetables and fruit

Put your salad, or vegetable medley, on half your plate. Fill your plate with vegetables and fruit. You can also ask for a vegetable medley on the side.
- ### 7 Compare the calories, fat, and sodium

Many restaurants now make information available for items that are high in calories, saturated fat, and sodium. Compare the information for items that are high in calories, saturated fat, and sodium. For more information, check [www.choosemyplate.gov](http://www.choosemyplate.gov).
- ### 8 Plan on less food

Have a plan on how much and what to eat. Choose a meal that is high in vegetables and fruit. Choose a meal that is high in vegetables and fruit. Choose a meal that is high in vegetables and fruit.
- ### 9 Get your whole grains

Request 100% whole grain bread, pasta, and rice. Choose whole grain bread, pasta, and rice. Choose whole grain bread, pasta, and rice.
- ### 10 Ask the "clean your plate" club

Don't leave food on your plate. Don't leave food on your plate. Don't leave food on your plate.

Center for Nutrition Policy and Promotion

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Dr. Tishler, M.D.

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet41EatingFoodsAwayFromHome.pdf>



**For Overall Cardiovascular Health:**

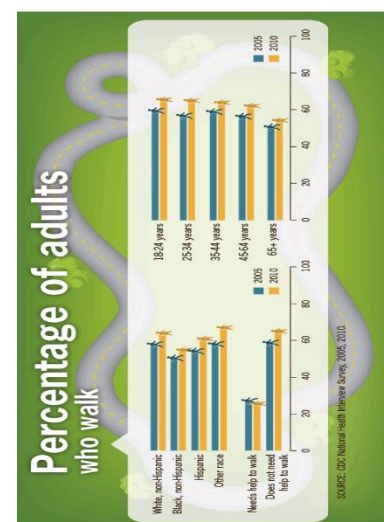
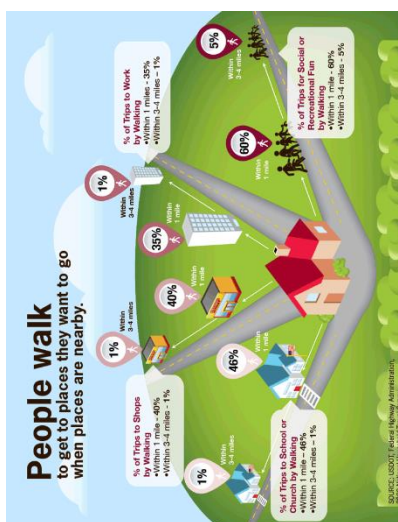
**At least 30 minutes** of moderate-intensity aerobic activity **At least 5 days** per week for a total of **150 minutes**

At least **25** minutes of vigorous aerobic activity **OR** At least **3** days per week for a total of **75** minutes per week

*or a combination of the two*

**For Lowering Blood Pressure and Cholesterol:**

An average **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week



[http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_469557.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469557.pdf)

[www.cdc.gov/vitalsigns/walking/infographic.html](http://www.cdc.gov/vitalsigns/walking/infographic.html)

[www.cdc.gov/vitalsigns/walking/infographic.html](http://www.cdc.gov/vitalsigns/walking/infographic.html)



[http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_471534.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_471534.pdf)

[www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf](http://www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf)

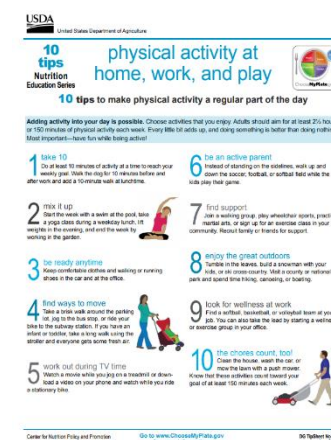


[www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300469.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300469.pdf)



[www.cdc.gov/physicalactivity/downloads/healthy-strong-america.pdf](http://www.cdc.gov/physicalactivity/downloads/healthy-strong-america.pdf)

[www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300470.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300470.pdf)



<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet40PhysicalActivity.pdf>

4/10/2018 How Much Physical Activity is Needed? Choose MyPlate

**ChooseMyPlate.gov**  
United States Department of Agriculture

Physical activity is important for everyone, but how much you need depends on your age.

**Adults (18-64 years)**

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

**Children and adolescents (6-17 years)**

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for extended periods of time. And these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety.

**Young children (2-5 years)**

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally appropriate, fun, and offer variety.

Physical activity is generally safe for everyone. The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active.

- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and safety equipment.
- Choose a safe place to do your activity.
- Get a health care provider if you have a health problem.

<https://www.choosemyplate.gov/physical-activity-amount>

**What's keeping you from exercising?**

Most of us know that we should be getting more exercise. But busy schedules and other roadblocks can stand between us and our dreams of getting – and staying – fit. It would like to be more active, start by talking with your doctor to find out how much and what types of activity are right for you. Then, check out these common exercise barriers and some solutions that can help you get started and keep going.

**Too risky.** Exercise is safe for most – including older adults and many people with chronic conditions – with the right precautions. If you're concerned about your health, talk with your doctor first. Often, the key is to start slowly and gradually. For instance, try 10-minute intervals when you get started. Then, increase intensity. At first, choose moderate-intensity activities such as walking, water aerobics or hiking at an easy speed. Consider exercising with a friend or family member for safety and companionship.

**No time.** It's a busy world. But, don't let that stop you from squeezing in some exercise. Consider these tips to create more time for physical activity:

- Get up a half-hour earlier. Think of it as only 30 short minutes that can make a big difference.
- Use part of your lunch break to take a brisk walk.
- Trade out some take time in the evening for exercise. When you watch TV, try some stretches or sit-ups during the commercials.

**Too tired.** After a long day, exercise may be the last thing on your mind. However, it may be just what you need to boost your energy level and improve your mood. You might try taking the day for a run, or meeting an exercise video. Need a little extra motivation? Consider training for a charity event. Think of it as giving back to others while doing something great for yourself. But, no matter how you exercise, try not to do it too close to your bedtime – it may disrupt your sleep.

**Too boring.** Even your favorite activities can become tedious after a while. Tired of your exercise playlist? Spice up your workout with some new music, or try listening to an audiobook for a change of pace. Consider going to the gym with a friend and using your treadmill time to chat it up.

[https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/Keeping\\_you\\_from\\_exercising.pdf](https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/Keeping_you_from_exercising.pdf)

**2008 Physical Activity Guidelines for Americans**  
**Fact Sheet for Health Professionals on Physical Activity Guidelines for Adults**

How much physical activity do adults need for health benefits?

Adults who are active are healthier, are less likely to develop many chronic diseases, and have better aerobic fitness than adults who are inactive. Adults need to do two types of physical activity each week to improve health – aerobic and muscle-strengthening activities.

**Aerobic Activities**

For substantial health benefits, adults need to do at least:

- 2 hours and 30 minutes (150 minutes) each week of moderate-intensity\* aerobic activity, OR
- 1 hour and 15 minutes (75 minutes) each week of vigorous-intensity\* aerobic activity, OR
- An equivalent mix of moderate- and vigorous-intensity aerobic activity

Aerobic activity should be performed for at least 10 minutes at a time, preferably, spread throughout the week.

**Muscle Strengthening Activities**

Muscle strengthening should be done 2 or more days a week.

- All major muscle groups should be worked. These are the legs, hips, back, abdomen, chest, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per set. As exercises become easier, increase the weight or do another set.

\*Intensity is the level of effort required to do an activity. A person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. A person doing vigorous-intensity aerobic activity cannot say more than a few words without pausing for a breath.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
Division of Population, Physical Activity and Disability  
Physical Activity Guidelines for Adults • 2008

CDC

[https://www.cdc.gov/physicalactivity/downloads/PA\\_Fact\\_Sheet\\_Adults.pdf](https://www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Adults.pdf)

#### Post-Care/Rest and Time Management

#### Strategies for Saving Time with Physical Activity

Consider these “time savers” that you could add to your physical activity routine.

##### Save time getting motivated to do physical activity:

- ✓ Set an alarm; when the alarm goes off, go!
- ✓ Have a friend or family member meet you at a regular time.
- ✓ Ask a friend or family member to call you to remind you.
- ✓ Join a walking club, gym, aerobics class, etc.
- ✓ Other ideas:

##### Save time getting ready:

- ✓ Keep your exercise shoes and clothes in the car or at your office.
- ✓ Set out your exercise gear the night before.
- ✓ Choose a place to get physical activity that is close to your home or work.
- ✓ Other ideas:

##### Save time by combining physical activity with other tasks or opportunities:

- ✓ Use a 10-minute break during the day to take a brisk walk.
- ✓ Ride an exercise bike while you watch the news or listen to the radio.
- ✓ Walk and talk with friends or family members.
- ✓ Walk, run, or bike in a community event that benefits a good cause.
- ✓ Walk or bike to work, or to the store for errands.
- ✓ Take your child for a brisk walk in a stroller.
- ✓ Take up an active hobby (dancing, swimming, hiking, etc.).
- ✓ Mow the lawn or shovel snow for an elderly neighbor.
- ✓ Other ideas:

##### Save time after being physically active:

- ✓ Be physically active right before the time when you would be showering anyway (such as first thing in the morning or in the evening).
- ✓ Other ideas:

[www.cdc.gov/diabetes/prevention/pdf/posthandout\\_session12.pdf](http://www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf)

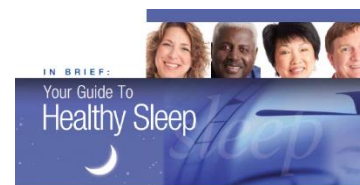




<https://healthyforgood.heart.org/bewell/infographics/how-to-sleep-better-infographic>



<https://www.cdc.gov/chronicdisease/pdf/sleep-H.pdf>



<https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf>

#### Post-Core: Stress and Time Management

##### Make Time to Sleep

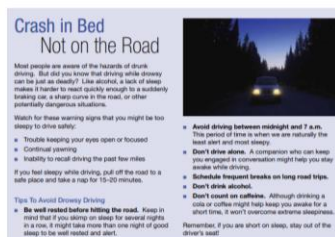
Getting Enough ZZZs: How much is enough?

On average, people need 7 1/2 - 8 hours of sleep, yet the range for how many hours different people need is 5 - 10 hours per night. People who sleep less than 4 hours or more than 9 hours per night tend to have a higher risk of disease and death.

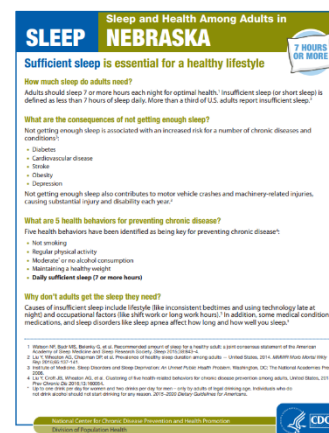
##### Sleep on this: the benefits of getting enough sleep

- Getting enough sleep is recognized as an essential part of chronic disease prevention and health promotion. According to the Centers for Disease Control and Prevention (CDC), not getting enough sleep is associated with the onset of many chronic conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression. Not getting enough sleep may make these conditions difficult to manage, and might actually make them worse.
- Getting enough sleep helps with weight management. Sleep helps to regulate several hormones associated with metabolism, appetite, and weight gain.
- Research suggests that people who engage in regular physical activity fall asleep faster, sleep for a longer time, and spend less time awake during the night.

Adequate sleep is a major element of coping with stress. People are better able to deal with stressors during the day if they have had enough sleep. Being well-rested can make it easier to build healthy behavior changes.



<https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf>



[www.cdc.gov/sleep/pdf/states508/FS\\_ShortSleepByState\\_NE\\_508tagged.pdf](https://www.cdc.gov/sleep/pdf/states508/FS_ShortSleepByState_NE_508tagged.pdf)



<https://healthyforgood.heart.org/bewell/infographics/fight-stress-with-healthy-habits-infographic>

#### Post-Core: Stress and Time Management

##### Taking a Closer Look at Stress

Stress is part of everyone's life. Stress means different things to different people, and what causes stress for one person may not cause it for another.

If not managed properly, stress can lead to illness, increased blood glucose levels, increased anxiety, or depression and mood swings.

##### Forms of stress may include:

- Physical stressors: fever, pain, illness
- Environmental stressors: weather, noise, housing concerns, traffic
- Social and emotional stressors: concerns over money, job and family demands, having to make a big decision, guilt, loss, and lifestyle change

High levels of stress can be a barrier to making healthy lifestyle changes. Stress can cause people to:

- Lose interest in physical activity
- Become very inactive and withdrawn from daily activities
- Increase inactive behaviors such as excessive TV watching, playing on the computer, or sleeping
- Eat or drink too much

National Diabetes Prevention Program Post-Core

[www.cdc.gov/diabetes/prevention/pdf/posthandout\\_session12.pdf](https://www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf)



Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand that creates a demand or stressor—such as worries, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors so that you know when to seek help.

##### Here are five things you should know about stress:

##### 1 Stress affects everyone. 3 Long-term stress can harm your health.

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress, and each can have physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can be an ongoing situation that keeps happening over a long period of time.

Examples of stress include:

- Routine stress related to the pressures of work, school, family, and other daily responsibilities
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness
- Traumatic stress experienced in an event like a major accident, war, natural, or a violent disaster when people may be in danger of being seriously hurt or killed. People who experience traumatic stress often experience temporary symptoms of mental distress, but most recover naturally soon after.

2 Not all stress is bad.

Stress can motivate people to prepare or perform, but when they may take too long to recover for a while. Stress can even be beneficial in some situations. In response to danger, your body produces hormones that help you stay alert. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, these same stress responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

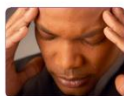
Different people may feel stress in different ways. For example, some people experience more digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold. Routine stress may be the hardest type of stress to notice or resist. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.

[https://www.nimh.nih.gov/health/publications/stress/5thingsshldknowaboutstress-508-03132017\\_142898.pdf](https://www.nimh.nih.gov/health/publications/stress/5thingsshldknowaboutstress-508-03132017_142898.pdf)

## Coping with Stress After a Traumatic Event

Tip Sheet

2017



Traumatic events take different forms—natural disasters (earthquakes, tsunamis, wildfires), personal loss, school shootings, and community violence—and their effects on us vary. People may feel sad, confused, scared, or worried. Others may feel numb or even happy to be alive and safe. Reactions to traumatic events can be hard for those directly impacted as well as for friends and family of victims, first responders, and people learning about the events from the news.

Feeling stressed before or after a traumatic event is normal. But, this stress becomes a problem when we are unable to cope well with it and when the stress gets in the way of taking care of ourselves and family, going to school, or doing our jobs. Coping well with stress begins with recognizing how we are reacting and then by taking steps to manage our reactions in a healthy way.



### Common Stress Reactions to a Traumatic Event

Emotional and physical stress reactions may occur immediately around the time of a traumatic event. For some people, signs of stress may take days or weeks to appear. Some stress reactions are:

- Disbelief and shock
- Feeling sad, frustrated, helpless, and numb
- Fear and anxiety about the future
- Feeling guilty
- Angry, tense, and irritable
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities
- Wanting to be alone
- No desire for food or loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Remembering thoughts of the event
- Headaches, back pain, and stomach problems
- Increased heart rate and difficulty breathing
- Increased smoking or use of alcohol or drugs



National Center for Injury Prevention and Control  
Division of Violence Prevention



## How Can I Manage Stress?

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (stress, overwork, family problems).



### What is stress?

Stress is your body's response to change. Your body reacts to it by releasing adrenaline (a hormone) that can cause your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation.

The link between stress and heart disease is not clear. But, over time, unhealthy responses to stress may lead to health problems. For instance, people under stress may overeat, drink too much alcohol or smoke. These unhealthy behaviors can increase your risk of heart disease.

Not all stress is bad. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. The key is to manage your stress properly.

### How does stress make you feel?

Stress affects each of us in different ways. You may have physical signs, emotional signs or both.

- You may feel angry, afraid, excited or helpless.
- It may be hard to sleep.

- You may have aches and pains in your head, neck, jaw and back.
- It can lead to habits like smoking, drinking, overeating or drug abuse.
- You may not even feel it at all, even though your body suffers from it.

### How can I cope with it?

Taking steps to manage stress will help you feel more in control of your life. Here are some good ways to cope:

- Try positive self-talk — turning negative thoughts into positive ones. For example, rather than thinking "I can't do this," say "I'll do the best I can."
- Take 15 to 20 minutes a day to sit quietly, relax, breathe deeply and think of something peaceful.
- Engage in physical activity regularly. Do what you enjoy — walk, swim, ride a bike or do yoga. Letting go of the tension in your body will help you feel a lot better.
- Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

## HOW TO DEAL WITH STRESS AND ANXIETY

### MIND



Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

Do your best. Instead of striving for perfection, which isn't possible, be proud of however close you get.

Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

### BODY

Limit alcohol and caffeine. Alcohol and caffeine can aggravate anxiety and trigger panic attacks, insomnia, stress, and more.

Eat well-balanced meals. Do not skip any meals and always keep healthy, energizing snacks on hand.

Get enough sleep. When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night.

Exercise daily. Exercising can help you feel good and maintain your health.



[www.cdc.gov/violenceprevention/pdf/CopingwithStress.pdf](http://www.cdc.gov/violenceprevention/pdf/CopingwithStress.pdf)

<http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm30690.pdf>

[https://adaa.org/sites/default/files/Anxiety%20Tips%20ADAA%20and%20MHA%20Collaboration%20Oct%202017\\_0.pdf](https://adaa.org/sites/default/files/Anxiety%20Tips%20ADAA%20and%20MHA%20Collaboration%20Oct%202017_0.pdf)



**YOU** can prevent type 2 diabetes by eating healthy, staying active and joining the Smart Moves program!






Prevalence increases your risk of type 2 diabetes, heart disease, stroke and stroke. People who program to lose weight and increase their physical activity can reduce their risk of these chronic conditions, such as diabetes, stroke and loss of independence.






**What will the program do for you?**

- Provide lifestyle coaching
- Track healthy eating
- Engage you to lose weight
- Coping with lifestyle changes
- Apply coping skills to stay successful




March 2012 - 2014  
 86% reduction in type 2 diabetes prevalence

**86% MILLION**  
 people who have been diagnosed with type 2 diabetes

**YOU COULD BE ONE OF THEM**

ANSWERS  
by **HEALT**

 Lifestyle & Diet Revolution

  
American  
Heart Association  
Bea's choice

## How Can I Make My Lifestyle Healthier?

It's never too late to make better health choices. All you need is a goal and a little dedication. Here are some simple steps to take:

• **Choose healthy options to eat and other lifestyle products.**  
• **Work toward preventing chronic diet-related illness.** Keep your blood pressure below 130/80 mm Hg.

• **Eat a healthy diet** consistent with recommendations from the American Heart Association.

• **Get 150 minutes of moderate-intensity physical activity** or 75 minutes of vigorous-intensity activity for a cardiovascular heart workout.

• **Reach and maintain a healthy weight** (body mass index less than 25 kg/m<sup>2</sup>).

• **Reduce your emotional distress.** Talk to your doctor about the reasons and how they impact your overall health.

• **Keep your fasting blood glucose** at or below 100mg/dL.

### How to Stop Smoking

• **Decide on a Quit Day** and alert your family and friends to support you.

• **Ask your healthcare provider** for information, programs and resources to help you quit.

• **Go where smoking isn't allowed** and avoid being around people who smoke.

• **Keep away from things that make it hard to smoke** such as stress.

### How to Manage my blood pressure

• **• Your doctor has put you on medication**, take it exactly as directed.

• **If you are overweight**, work to reach and maintain a healthy weight.

• **Be more physically active.**

• **Reduce your salt** (sodium) intake.

• **Eat a heart-healthy diet.**

### How to change my eating habits

• **Eat a diet rich in vegetables and fruits.**

• **Choose whole grains** and limit the dairy products, such as milk, particularly those containing empty fats (e.g., cream, butter, and heavy cream).

• **Include legumes**, such as beans and lentils, at least twice a week.

• **Select sodium-poor** and choose foods with no added salt.

• **Limit fats**, particularly those containing empty fats (e.g., cream, butter, and heavy cream).

• **Include legumes**, such as beans and lentils, at least twice a week.

• **Eat a healthy diet** consistent with recommendations from the American Heart Association.

• **Get 150 minutes of moderate-intensity physical activity** or 75 minutes of vigorous-intensity activity for a cardiovascular heart workout.

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• **Reduce your emotional distress.** Talk to your doctor about the reasons and how they impact your overall health.

• **Keep your fasting blood glucose** at or below 100mg/dL.

Recommended Lifestyle Modifications for Arterial Management			
Lifestyle Modifications	Recommendation	Systolic BP reduction range (approximate)	Links to Patient Tools
Weight Reduction	Maintain normal body weight (BMI 18.5 to 24.9)	5–10 mm Hg / 10 kg of weight loss	<a href="#">Aim for a Healthy Weight Facts About Healthy Weight</a>  <a href="#">Aim for a Healthy Weight Patient Booklet</a>
Adopt DASH eating plan Dietary Approaches to Stop Hypertension Dietary sodium reduction	<p>Consume diet rich in fruits, vegetables and low-fat dairy products and reduced content of saturated and total fat</p> <p>The U.S. Dietary Guidelines recommend limiting sodium to less than 2,300 mg a day, and for men 5 to 10 adults should further limit sodium to 1,500 mg a day. Americans eat on average about 3,100 mg of sodium a day (<a href="#">DASH</a>).</p>	8–14 mm Hg	<a href="#">Lowering your Blood Pressure with DASH</a>  <a href="#">Your Guide to Lowering Your Blood Pressure with DASH</a>  <a href="#">Sodium Reduction Tool</a>
Physical Activity	Engage in regular aerobic physical activity (brisk walking) at least 30 minutes per day and most days of the week	4–9 mm Hg	<a href="#">Your Guide to Physical Activity and Your Heart</a>
Moderation of alcohol	<p>Limit consumption to no more than 2 drinks per day for men and no more than 1 drink per day for women</p> <p>1 drink = 12 oz of beer or 4 oz wine or 1.5 oz 80-proof spirits</p>	4 mm Hg	<a href="#">Fast Track—Alcohol Use and Health</a>  <a href="#">Alcohol and Heart Disease</a>

**STOP SMOKING for overall cardiovascular risk reduction (reduces on smoking cessation are available in the [CHS Part 1 A PDF](#))**

<sup>a</sup> 2 or more lifestyle modifications can achieve even more blood pressure reduction

<sup>b</sup> Adapted from information in [JNC 7 Guidelines](#), 2003. CDC, NPHS, AHA

**Tools in the Recommended Lifestyle Modifications to Manage hypertension are also located on the [Cardiovascular Health Part 1 PDF webpage](#)**

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# PREDIABETES

84.1 MILLION

84.1 million  
American adults —  
more than 1 out of 3 — have  
prediabetes

1 out of 3

9 out of 10

people with prediabetes  
don't know they have it.

Prediabetes increases your risk of:

- TYPE 2 DIABETES
- HEART DISEASE
- STROKE

If you have  
prediabetes,  
losing weight by

EATING  
HEALTHY

BEING  
MORE  
ACTIVE

can cut your risk of  
getting type 2 diabetes in  
**HALF**

**PREVENT TYPE 2 DIABETES**

TAALKING TO YOUR PATIENTS ABOUT LIFESTYLE CHANGE

**84.1 MILLION** B-1 million ability — more than 1 out of 3 — have prediabetes

**9 OUT OF 10** people with prediabetes don't know they have it

If your patients have prediabetes, focus on helping them:

- **LOSE WEIGHT** (lose 5-10% of weight)
- **BE ACTIVE** (30 minutes a day)
- **EAT HEALTHY** (cut down on carbs)

**HALF** the risk of developing type 2 diabetes

**Prediabetes increases the risk of:**

- **TYPE 2 DIABETES**
- **HEART DISEASE**
- **STROKE**

**LIFESTYLE CHANGE PROGRAM**

The Lifestyle changes program that is part of the CDC-led National Diabetes Prevention Program is proven to help prevent or delay type 2 diabetes. It is based on research that showed:

- 58%** Weight loss of 15 to 17% of body weight achieved by reducing calorie and increasing physical activity for at least 150 minutes per week resulted in a 58% lower incidence of type 2 diabetes
- 60 to 71%** For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%
- 34%** After 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes

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**LIVING LONGER.  
LIVING HEALTHIER?**  
[ TIPS FOR BETTER AGING ]

Year	Average life expectancy
1900	49
2013	79

**Americans are living longer.**

*American Center for Health Statistics, 2012*

But nearly **61%** of Americans age 65+ have multiple chronic conditions

**61%**

*United States, 2011*

**Practice healthy aging**

- Be physically active
- Make smart food choices
- Get regular health screenings
- Participate in activities you enjoy

*NIH National Institute on Aging*

[www.phsneb.org](http://www.phsneb.org)

### High Blood Pressure How to Make Control Your Goal

**It's up to you** to successfully manage and control your blood pressure. But it doesn't have to be a daunting task. You can take small, manageable steps to make blood pressure control your goal. Here are some tips to show you how.

**Engage your health care team**

Blood pressure control is a team effort. Engage all of your health care professionals—not just your primary care physician or cardiologist. Your pharmacist, nurse, and other health care specialists can help you control your high blood pressure. Next time you go in for a visit, make a list of questions you want to ask your health care professional. For example:

- What is my blood pressure goal?
- What are the best ways to reach my goal?
- Monitor what you're already doing to work toward control, including exercising, changing your diet, or taking medications as prescribed.
- Be honest and realistic with yourself and your health care team about what changes you're ready to make and the ones you're not quite ready for.
- Be one step at a time, working toward it. As you achieve success and build confidence, choose another goal to tackle.

**Take your medications faithfully**

Your health care team has put together a specific medication schedule to help control your blood pressure. You might forget to take your medicine every day, or maybe you're having trouble dealing with the side effects. Remember that your medication is important to control and maintain your blood pressure. Here are some tips to help you stick with your medication plan:

- Talk to your doctor about any side effects you experience with your medications. If necessary, discuss other treatment options. **Never stop treatment on your own.**
- Make a schedule and set up a system to remind you to take your medications regularly—use a pillbox for every pill, every day, or use smartphone "pill" reminders.
- If your insurance provides mail order delivery, set it up and request a 90-day supply of medications.
- If pills are not available, schedule all your visits at the same pharmacy at the same time each month so you can pick them up all at once.

**Did you know?**

Of the 75 million American adults who have high blood pressure, only about half (54%) of these people have their blood pressure under control.

**Make control your goal.**

millionhearts.hhs.gov

[https://millionhearts.hhs.gov/files/TipSheet\\_How\\_to\\_MCYG\\_General.pdf](https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_General.pdf)

### MY MEDICINES

For Women Who Need You

**Ask Questions**

- 1. What are my medicines for?
- 2. How do I take them?
- 3. What are the side effects?
- 4. What should I do if I miss a dose?
- 5. What should I do if I have a side effect?

**Avoid Problems**

- 1. Don't stop taking your medicines without talking to your doctor.
- 2. Don't take more than the recommended dose.
- 3. Don't take medicines that have the same active ingredient as the ones you're already taking.
- 4. Don't take medicines that interact with the ones you're already taking.
- 5. Don't take medicines that have the same side effects as the ones you're already taking.

**Read The Label**

- 1. Read the label carefully.
- 2. Follow the directions.
- 3. Don't take more than the recommended dose.
- 4. Don't take medicines that have the same active ingredient as the ones you're already taking.
- 5. Don't take medicines that interact with the ones you're already taking.

**Keep A Record**

- 1. Keep a record of all the medicines you take.
- 2. Keep a record of the dose you take.
- 3. Keep a record of the side effects you experience.
- 4. Keep a record of the date you take your medicines.
- 5. Keep a record of the date you stop taking your medicines.

**Statistics:**

- 28% of women take their medicines as directed.
- 49% of women take their medicines as directed.
- 72% of women take their medicines as directed.
- \$234.1 BILLION in costs for medicines in 2013.

**FDA**

<https://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm336355.html>

[https://www.stroke.org/sites/default/files/resources/NSA\\_Med\\_Adherence\\_brochure.pdf](https://www.stroke.org/sites/default/files/resources/NSA_Med_Adherence_brochure.pdf)

### Medication Adherence and Compliance

**National Stroke Association**

Taking stroke-related medications on time and as directed

1. Take medicines.  
2. Take medicines.  
3. Take medicines.

### Be an Active Member of Your Health Care Team

#### My Medicine Record

Name and First Initial (last name): \_\_\_\_\_ Date: \_\_\_\_\_

What I Know About My Medicine

What I Know About My Medicine	What I Don't Know About My Medicine
1. Name of medicine: _____	1. Name of medicine: _____
2. Dose: _____	2. Dose: _____
3. How to take: _____	3. How to take: _____
4. Side effects: _____	4. Side effects: _____
5. Other: _____	5. Other: _____

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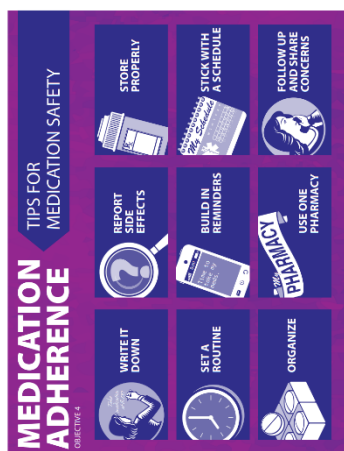
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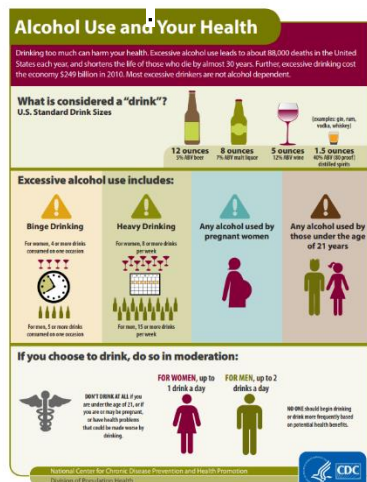


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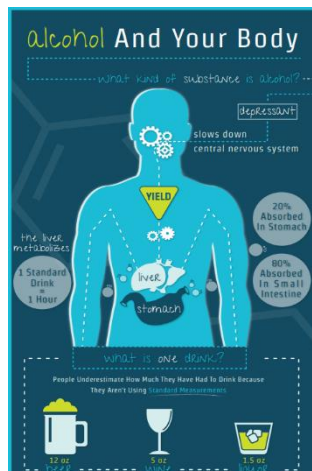


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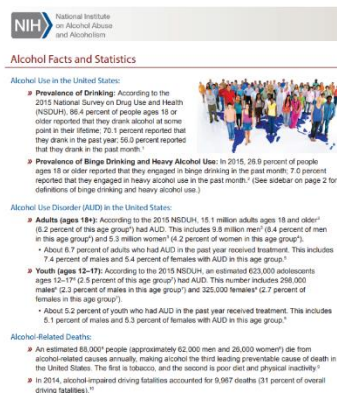
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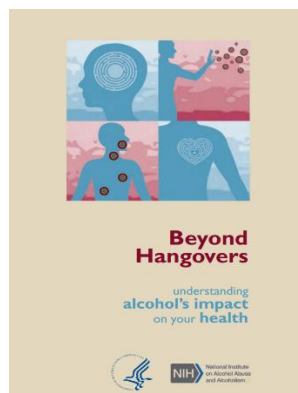
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[https://www.cdc.gov/alcohol/pdfs/excessive\\_alcohol\\_use.pdf](https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf)



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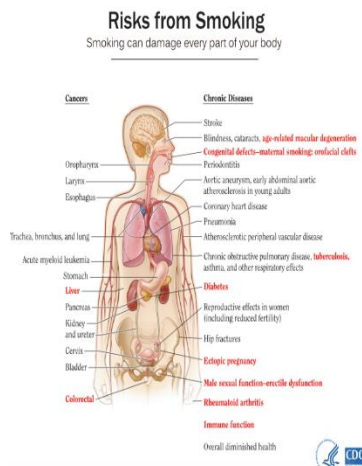
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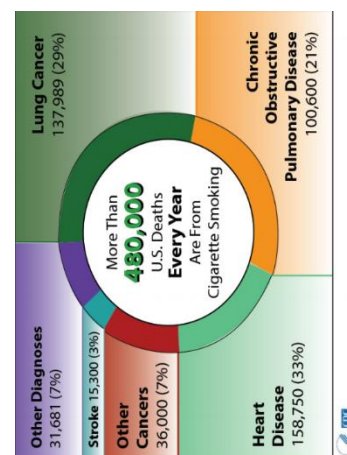
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<https://www.cdc.gov/media/images/releases/2015/p1015-excessive-alcohol.pdf>



[https://www.cdc.gov/tobacco/infographics/health-effects/pdfs/he-infographic1.pdf?s\\_cid=bb-osh-effects-graphic-005](https://www.cdc.gov/tobacco/infographics/health-effects/pdfs/he-infographic1.pdf?s_cid=bb-osh-effects-graphic-005)



[https://www.cdc.gov/tobacco/infographics/health-effects/pdfs/pie-chart-2017.pdf?s\\_cid=bb-osh-effects-graphic-001](https://www.cdc.gov/tobacco/infographics/health-effects/pdfs/pie-chart-2017.pdf?s_cid=bb-osh-effects-graphic-001)





# GOING SMOKEFREE MATTERS

## IN YOUR HOME

There is no safe amount of secondhand smoke exposure. This home is the main place for many children and adults breathe in secondhand smoke.

**What is secondhand smoke?**

It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by a smoker. When a person smokes near you, you can be exposed to secondhand smoke.

**The Surgeon General concluded:**



There is no level of exposure to secondhand smoke exposure.



Chronic throat and lung irritation is a major cause of all types of secondhand smoke.



Secondhand smoke causes disease and early death in children and adults who do not smoke.

**In the United States:**



Approximately 1 billion (1 in 4) Americans are exposed to secondhand smoke.



About 2.5 million (1 in 10) children are exposed to secondhand smoke.



The Surgeon General says that children are exposed to secondhand smoke.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

**Percentage**

- 10.0-14.9
- 15.0-19.9
- 20.0-24.9
- 25.0-29.9
- 30.0-34.9


Source: Behavioral Risk Factor Surveillance System, CDC, 2016

## ELECTRONIC CIGARETTES WHAT'S THE BOTTOM LINE?

- E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- While e-cigarettes have the potential to benefit some people and harm others, scientific still have a lot to learn about whether or e-cigarettes are effective for smoking cessation.
- If you've never smoked or used other tobacco products or e-cigarettes, don't start.

### WHAT ARE E-CIGARETTES?

- E-cigarettes are known by many different names. They are sometimes called a "cigs," "hookahs," "vapes," "vases and pens," "atom systems," and "electronic nicotine delivery systems."
- Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB drives, or other objects.
- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale the aerosol into their lungs. Evidence can also breathe in the aerosol when the user exhales into it.
- E-cigarettes can be used to deliver marijuana and other drugs.



Source: [www.fda.gov/oc/ohrt/e-cigarettes-ohrt-report](http://www.fda.gov/oc/ohrt/e-cigarettes-ohrt-report)

**CDC**  
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES  
Centers for Disease Control and Prevention

**YOUTH AND TOBACCO USE**

*“Youth use of tobacco in any form is unsafe.”*

17 smoking continues at the current rate among youth in this country  
 5.6 million of today’s Americans younger than 18 will die early from a smoking-related illness.

**BACKGROUND**

Preventing tobacco use among youth is critical to ending the tobacco epidemic in the United States. Tobacco use is started and established primarily during adolescence.<sup>1,2</sup>

Every 8 out of 10 cigarette smokers first start smoking by age 18, and 90% still by age 20.<sup>3</sup>

Each day, more than 3,000 people aged 18 and younger make their first cigarette, and an additional 200,000 youth start and progress into the tobacco daily cigarette smoker’s.<sup>4</sup>

**Flavorings in tobacco products can make them more appealing to youth.<sup>5,6</sup>**

73% of high school students use tobacco products.

56% of middle school students use tobacco products.

who used tobacco products in the past 30 days reported using a flavored tobacco product during that time.

**CDC** U.S. Department of Health and Human Services

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

# Nebraska Tobacco Quitline

The Nebraska Tobacco Quitline provides free access to counseling and support services around the clock. Who is using this important resource?

## 2,940 people called in 2016

How did callers find the Quitline?

53% Healthcare Provider	24% Media	6% Friends or Family	17% Other
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## 2,494 tobacco users registered for Quitline services

How many people are using the Quitline?

66% Men	34% Women	85% Non-Smoker	5% Smoker
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What is the ethnicity of callers?

81% White	12% African American	3% Native American	4% Other
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### Callers with chronic conditions

9% Coronary Artery Disease	24% Chronic Obstructive Pulmonary Disease	13% Diabetes	19% Arthritis	36% None
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### Callers by tobacco type

Users participated in one or more of the following programs:

92% Cigarettes	3% Snus/Tobacco	5% E-Cigarette	12% Pipe/Tobacco
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QUITLINE.NE

1-800-NOT-TOBY (1-800-685-6262) | 1-800-DE-QUIT-TO (1-800-336-8786)

NEBRASKA TOBACCO QUITLINE

**These Top State Health Officers With Diabetes or Pre-diabetes Improve Their Health**

- Learn about diabetes prevention
- Quit tobacco to reduce diabetes complications
- Get tested for a self-reported type 2 diabetes and get your insulin provider for tips
- Know the ABCs of diabetes management and diet
- Get tested and get your blood sugar under control
- Get tested for a heart disease risk factor

Learn more about this year's top health care professionals at [www.ahrq.org/ahrq-top100](http://www.ahrq.org/ahrq-top100). See how these professionals are making their health and their patients' health a priority.

**Online program**

**We Know Your Tobacco Outlets**

Get a complete picture of your city's tobacco use and tobacco outlets.

The tobacco marketplace is constantly changing. In order to keep up with the changes, we need your help. We need your information to help us understand the tobacco market better.

**Online program**

**Living With Diabetes?**

Learn about the latest research on diabetes and how to manage it. Get the latest information on diabetes and how to manage it.

**Online program**

NOVEMBER 2016



# Cancer and tobacco use

## Tobacco use causes many cancers

Tobacco use is the leading preventable cause of cancer and causes 30% of all deaths and is still the top cause — but also preventable — of heart disease, stroke, chronic lung disease, emphysema, chronic kidney disease, diabetes, cancer, and more, and a type of racism. Each year, 430,000 people in the U.S. die from diseases caused by tobacco use, and from a single source related to tobacco use. More than one million people die from tobacco-related diseases each year.

More than 40% of U.S. deaths from cancer have been caused since 1988 because of complications from cancer and tobacco control programs, only detection of cancer, and improvements in cancer treatment. However, still, the rates of all cancers have experienced the benefits of these efforts. When people smoke fewer and longer cigarettes, a cigarette can cause cancer growth and longer treatments. These people use tobacco and are not yet fully tobacco addicted.

### State and community role

- Support comprehensive cancer control programs focusing on tobacco, cancer prevention, early detection, and research, and support for cancer services, and health trends for all.
- Enact comprehensive tobacco prevention and control programs for CCR tobacco and health.
- Make tobacco cessation treatments more available to people who want to quit.
- Protect consumers from second-hand smoke, as is visible in public places and homes, including all restaurants, bars, and airplanes.

Visit [www.cdc.gov/tobacco/prevention/index.htm](http://www.cdc.gov/tobacco/prevention/index.htm) for more information.





# 12

Tobacco use causes at least 12 types of cancers.

# 40%

Deaths from cancer can be avoided by 40% of cancer prevention.

# 3 in 10

Cancers involving tobacco use are preventable.

**LET'S MAKE THE NEXT GENERATION  
TOBACCO-FREE**

Your Guide to the 50th Anniversary Surgeon General's  
Report on Smoking and Health

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

<https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf>